



VACP

Virginia Academy of Clinical Psychologists



Spring Convention & Educational Conference

Developments and Emerging
Issues in Psychology

****IMPORTANT DATES****

March 21, 2016

- Hotel Room Reservation Deadline
Call 866-329-1758 and mention VACP ensure that you receive the group rate. Or visit the VACP website at www.vapsych.org to reserve your room online.
- Early Bird Registration Deadline
*After this date a \$25 late fee will apply

April 6, 2016

- Final Postmark date for Registration by mail or fax.
*After this date, bring registration with you to Convention Registration Desk. Late Fee will apply.

April 20-22, 2016

**Newport News
Marriott Hotel &
Convention
Center**

Understanding Fees and CE Credits

Va Board of Psychology CE: Refers to courses considered eligible for CE credit by Va Board of Psychology.

"Ethics" Credit:

- Ethics Credit means a course which emphasizes the "ethics, standards of practice or laws governing the profession of psychology." 1.5 Hours of "Ethics" Credit are required each year for Virginia Board of Psychology licensure renewal.

Fees:

- All must remit general registration (convention) fee, including student members. If applicable, everyone must pay the late fee. Fees for courses and/or CE credits are offset costs for promotion, attendance documentation, meeting room rental, meal functions and audio-visual equipment.
- Some courses have "no fee" or are listed as "free" for those registered. Some "free" courses may offer CE credit.

CE Verification:

- To obtain CE credit, registrant attend the entire course and have their course card stamped at the conclusion
- Registrant must make sure name and address are clearly printed on their course card.
- At end of course, course monitor must stamp top portion of card. This remains with the registrant as proof of attendance. No additional "certificates" will be mailed.
- No partial credit for any course will be given. To obtain credit you must attend the ENTIRE course. Attendance will be monitored.
- Reprints of CE certificates are available to members at no cost. Non-members must pay \$5 per course card for re-prints of CE certificates.

The VACP Spring conference will follow a more traditional format, including Virginia Association for Psychological Science (VAPS) and students, while the Fall Symposium will feature special programming for Clinical Psychologists. This year's spring conference end at 12:30 on Friday, April 22, in observance of Passover, which begins at sundown.

SAVE THE DATE:

November 4-6, 2016

VACP Fall Symposium

Hilton Richmond Hotel & Spa
Glen Allen, VA

Room Reservations at the Newport News Marriott

*VACP has reserved a limited number of sleeping rooms. Make your reservation immediately to ensure availability.

Rate: \$117/night

Reservations can be made by dialing 1-866-329-1758
Mention VACP or VIRGINIA ACADEMY OF CLINICAL
PSYCHOLOGISTS to ensure that you receive the group
rate. Rooms are subject to tax at 14% per room, per day and
a \$1 per day lodging fee.

(VACP complies with the Americans with Disabilities act. Special assistance request must be received no later than March 21, 2016.)

Virginia Academy of Clinical Psychologists Conference Registration Sheet

General Convention Registration Required in Order to Attend Any Course or Workshop

\$___ \$250 **VACP Member General Registration**
(includes all CE functions, meal functions, and social functions)

___ **VACP Luncheon and General Membership Meeting**
(Free with VACP Member General Registration. Registration required.)

\$___ \$350 **Non-VACP Member General Registration**
(to obtain discounted rate, join VACP prior to convention)

\$___ \$25 **Student General Registration (Undergraduate and Post-Graduate)**
(Required of all students attending the convention. Registration valid Thursday Only. Does not include any VACP Courses. If student members desire to take courses, register as a VACP Non-Member).

\$___ \$75 **Virginia Association for Psychological Science Members (VAPS)**
(Required of all VAPS members attending the convention. Registration valid Thursday Only. Does not include any VACP Courses. If VAPS members desire to take CE courses, register as a VACP Non-Member)

\$___ **VPF** **Voluntary Contribution to the Virginia Psychological Foundation** (\$25 suggested contribution)

\$___ **VPLAN** **Voluntary Contribution to Virginia Psychologists for Legislative Action Now (VPLAN)**
(VACP's Political action committee)

\$___ **VACP Convention Contribution** (Helps VACP subsidize students cost at convention)

\$___ **LATE FEE-\$25** (if Registration is not Postmarked/faxed to VACP office on/before **March 21, Students NOT exempt**)

**** (After April 6, 2016: Registration at the door only, please see the convention registration desk) ****

\$___ **TOTAL-** For general convention registration, meals, continuing education presentations and contributions.

Name (As it will appear on your name badge): _____ **Degree** _____

Affiliation/School: _____

Address: _____

Phone Number: (_____) _____ - _____ **Fax Number:** (_____) _____ - _____

Make Checks Payable to VACP or complete information for payment by MasterCard or Visa

Printed Name on Card _____ **MasterCard/Visa (Circle One)**

Account Number _____ **Exp. Date:** _____ / _____

Authorized Signature: (Required for Credit Card Charges) _____

If registering by credit card, **MAIL** (both sides of form) to VACP office or **FAX** to VACP at 804-643-0311

If registering by check: Send Payment & registration form to:
Virginia Academy of Clinical Psychologists
4461 Cox Road, Suite 110
Glen Allen, VA 20360

(For VACP Office Use Only- Copy to be provided at registration to serve as receipt)

Received From: _____ **Date Received:** _____

Total Amount Received: \$ _____ **Paid by Check #** _____ **OR** **Paid by Credit Card** _____

Refund Policy: Before March 21, ^{Full} Refunds will be provided upon written request. Before April 6, Partial Refunds will be provided upon written request. After April 6, No Refunds will be provided for any reason.

*For special dietary needs,
please contact the VACP
Office no later than
March 21, 2016.*

Wednesday, April 20, 2016

7:00 pm – 10:00 pm VACP Executive Council Dinner Meeting

Thursday, April 21, 2016

8:00 am – 4:00 pm Registration

8:00 am – 9:00 am Continental Breakfast

8:50 am – 9:00 am President's Welcome and Introductions

9:00 am – 10:00 am Student Papers – Session 1

9:00 am – 10:50 am The Hoffman Report's impact on APA

~Peter Sheras, Ph.D., Cathy Rea, Ph.D. and Ed Tiller, Ph.D.

The Hoffman Report was commissioned by APA's Board of Directors and found that there was undisclosed coordination between some APA officials and Department of Defense psychologists that resulted in less restrictive ethical guidelines for military psychologists in national security settings.

- Events leading up to APA commissioning the report and its conclusions/implications
- APA Council of Representative actions, membership response (pro & con)
- Perceived violations of APA's Code of Conduct, suggestions to avoid recurrences. Discussion.

~Qualifies for 1 Hour CE Credit (Part of presentation not eligible for CE Credit)

10:00 am – 12:00 pm Student Poster Sessions – Session 1

11:00am – 12:00 noon Student Papers – Session 2

11:00 am – 11:50 am The Business of Co-Parenting

~By Edward Farber, Ph.D.

With joint custodial arrangements becoming the norm in Virginia after divorce, families in conflict struggle to develop effective mechanisms to parent. A business model of co-parenting will be presented that allows separated/divorced adults to effectively implement their parenting plan, learn appropriate ways to communicate and problem solve and reach agreement when in conflict. Characteristics of successful businesses include responsibility, integrity, forgiveness, compassion and effective leadership. These principles can be taught to co-parents during and after divorce. Warring parents can then see greater return on their investment of emotional and financial capital by successfully raising their children than by continuing conflict and dysfunction.

~Qualifies for 1 Hour CE Credit

12:00 noon – 2:00 pm VACP Luncheon and Annual Business Meeting

12:00 pm – 2:00 pm Students and VAPS Members Lunch on your Own

1:00 pm – 3:00 pm Student Poster Sessions – Session 2

1:00 pm – 1:50 pm Applying to, and Succeeding in, Graduate School in Psychology

~Laurin Roberts, MS and Alexander Shappie, BA

This program is designed to help students with making decisions related to graduate training in psychology. Faculty from various types of psychology graduate programs (e.g., Masters, EdS, PhD, PsyD; clinical, counseling, experimental, school) will provide information about their programs, what they look for in applicants, and characteristics of highly successful students. Current graduate students will also be available to discuss the application process and what their experience has been in their various programs. Panelists will answer questions from the audience and meet with interested students after the program.

~Does NOT Qualify for CE Credit

2:00 pm – 3:30 pm Student Paper Session 3

2:00 pm – 3:50 pm Substance Abuse Disorders in the Military: Trends and Treatment

~Kimberly, Copeland, Psy.D., Center for Deployment Psychology

This presentation will review epidemiological evidence describing current trends, prevalence rates of SUDs and commonly co-occurring psychiatric disorders (Depression/Anxiety, TBI, sleep issues, PTSD) in the military population. Brief assessment instruments for SUDs are described, as well as procedures for increasing the accuracy of self-reports. Most highly rated (per the Va/DoD CPGs) evidence-based treatments for SUDs are also discussed, as are military-specific treatment programs and cultural barriers to seeking treatment for a substance use problem.

~Qualifies for 2 Hours CE Credit

- 2:00 pm – 2:50 pm What People Say Helps Them in Therapy**
~Fonya Lord Helm, Ph.D., ABPP
 The focus will be on what the patients say helped them in their therapy, a perspective that is very different from the perspective of the therapist. The difference shows the limitations of our understanding of imperceptible and even mystifying development of the therapeutic relationship. The patient's perspective gives clues, though, to the importance of creating a treatment ambience of hope, empathy, respect, and acceptance. Remarks that are not part of the usual psychotherapeutic inquiry, but are surprising or communications that induce other feelings are remembered as important. They are almost uniformly positive, but in order to have this noticeable effect, these remarks may need to be embedded in the usual therapeutic discourse. This presentation will give participants a chance to discuss what their own patients have experienced as most helpful. I also will address some ways for therapists to improve their results.
~Qualifies for 1 Hour CE Credit
- 3:00 pm – 3:50 pm A Primer on the Effects of Health Risk Behaviors on Clinical Outcomes for Anxiety Disorders**
~Jessica Irons, Ph.D., Kathleen Owens, BS, and Maria Camargo, BS
 We will review the current literature on the impact of substance use, sleep and physical activity on symptoms, treatment adherence and clinical outcomes related to anxiety disorders. Attendees will learn ways that substance use, sleep and physical activity influence symptoms of anxiety disorders, their influences on treatment adherence, and how those behaviors can negatively impact the outcome of treatment for anxiety disorders. Attendees will also learn empirically supported strategies for changing health risk behavior in patients
~Qualifies for 1 Hour CE Credit
- 3:45 pm – 6:30 pm VAPS Meeting**
- 4:00 pm – 4:50 pm What's New in Autism: The Promising, the Puzzling, and the Simply Odd**
~Donald Oswald, Ph.D.
 The presentation will review research findings published over the past year in the areas of screening, diagnosis, co-occurring conditions, and intervention. Participants will identify recent autism-related research findings that are relevant to clinical practice with patients with ASD and their families. Participants will identify implications of autism-related research for their interactions with, and care of, patients with ASD.
~Qualifies for 1 Hour CE Credit
- 4:00 pm – 4:50 pm Description of an Integrative Medicine Program for Veterans with Chronic Pain: Focus on the Role of Clinical Psychologists in an Integrative Health Team**
~Leah Farrell-Carnahan, Ph.D., Meghan Rooney, Psy.D., Thérèse Verkerke Cash, M.S., & Michael Chatterton, M.A.
 Clinical psychologists (CPs) are increasingly involved as members of interdisciplinary integrated health care teams that address biopsychosocial determinants of health and wellness. One "case example" exists within The Veterans Integrative Pain (VIP) Center at the Hunter Holmes McGuire Veterans Affairs Medical Center. The VIP Center aims to provide self-management training for Veterans with chronic pain. The clinical team consists of: two CPs, CP trainees, a physical therapist, a physician, a health coach, peer leaders, and a clinical nurse specialist.
~Qualifies for 1 Hour CE Credit
- 5:30 pm – 6:15 pm VACP Members Reception – (Hotel Lobby Bar. VACP members receive one free drink apiece)**

FRIDAY, APRIL 22, 2016

- 7:30 am – 8:30 am Continental Breakfast**
- 7:00 am – 8:00 am Virginia Psychological Foundation (VPF) Board of Directors Meeting & Breakfast**
- 7:30 am – 11:00 am Registration & Exhibits**
- 8:00 am – 8:50 am An Introduction to ICD for Mental and Behavioral Disorders and How it Connects to DSM-5**
~L. Alan Eby, Psy.D.
 DSM-5 and the recent implementation of the Affordable Care Act (October, 2015) brought more attention to the ICD system of classifying mental and behavioral disorders for mental health clinicians. This seminar introduces the ICD system and how the single unit of mental and behavioral disorders connects to the familiar DSM system. Participants will learn the history and development of the ICD (with reference to DSM history and development). Participants will learn the benefits and limitations of ICD and DSM systems and be able to determine which (or both) systems are best applied to their clinical settings. Participants will learn of the future direction of ICD. As time allows, participants will be able to share experiences and reactions to the ICD-DSM connection.
~Qualifies for 1 Hour CE Credit

9:00 am – 9:50 am

Current Trends Impacting Psychologists: A Managed Care Perspective

~Deb Adler, MA, SVP, Network Strategy, Optum

The presentation will focus on how to work with managed care organizations, including an overview regarding tips in contract negotiation, trends in healthcare (e.g., parity, performance-based contracting, coding changes) and impact of healthcare industry changes on clinical psychologist's practice. The learner will be able to identify at least one innovation that clinical psychologists could participate in to improve member outcomes and explain ways to maximize their negotiation leverage with managed care organizations.

~Qualifies for 1 Hour CE Credit

10:00 am – 10:50 am

Yoga for Psychological Well-Being: Literature Overview & Results from a Pilot Program for Veterans with PTSD & Chronic Pain

~Suzzette M. Chopin, MBA, Ph.D; Polytrauma Neuropsychologist, Hunter Holmes McGuire Veterans Affairs Medical Center

This presentation will review the theoretical bases for using yoga as an adjunctive treatment for mental health conditions. Results from a pilot program for veterans with co-morbid PTSD and chronic pain will be discussed. At the conclusion of the presentation, participants will have been introduced to complementary therapy for mental health conditions and examined the outcomes of a yoga intervention for co-morbid PTSD and chronic pain.

~Qualifies for 1 Hour CE Credit

11:00 am – 12:30 pm

Board of Psychology Conversation Hour

~Members of the Virginia Board of Psychology

Staff for, and members of, the Virginia Board of Psychology will discuss topics including, but not limited to, proposed regulations, new legislation, the disciplinary process, and emerging issues. Special emphasis will be placed on the new "Sanctioning Reference Points" document and trends in disciplinary cases. Audience questions will guide depth of discussion of specific issues.

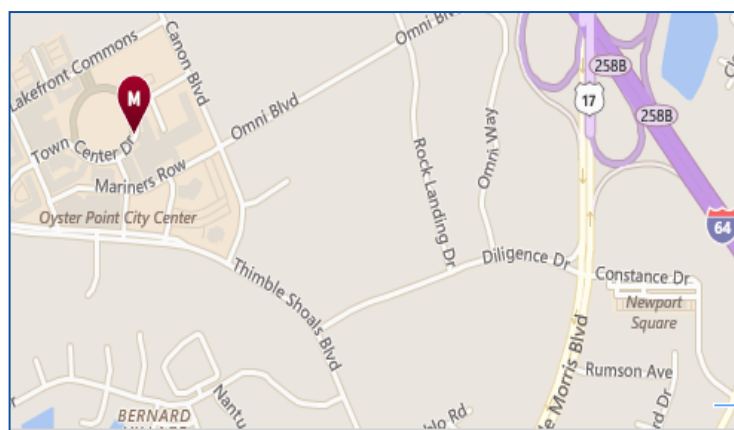
Objective 1: Participants will be able to describe the Sanctioning Reference Points document;

Objective 2: Participants will be able to list at least three current issues being discussed by the Board of Psychology.

~Qualifies for 1.5 Hours CE Credit

Driving Directions

- Merge onto I-64 toward Norfolk/VA Beach.
- Take the Oyster Point Road W exit, EXIT 256A.
- Merge onto Oyster Point Rd.
- Take the 1st left onto Canon Blvd.
(If you reach Village Green Pkwy you've gone about 0.2 miles too far.)
- Turn right onto Town Center Drive
- Town Center Drive is just past Lakefront Commons
(If you reach Mariner Row you've gone about 0.1 miles too far.)
- Newport News Marriott at City Center,
740 TOWN CENTER DRIVE is on the left.



Parking

On-site parking, fee: 6 USD daily

Valet parking, fee: 12 USD daily

Complimentary off-site parking

Electric car charging stations : 1 , Complimentary

Newport News City Center Activity Guide

Restaurants / Cafes / Specialty Foods

- *Aromas Specialty Coffees & Bakeshop*
- *City Center Cafe*
- *City Center Ice Cream*
- *Cove Tavern*
- *Fountain Plaza Cafe*
- *Hayashi Japanese Steakhouse & Sushi*
- *MyPi Pizza - Custom Pizza, Craft Beer*
- *Neo Kitchen and Bar*
- *Oyster Point Lounge*
- *Rockefeller's Restaurant*
- *Salad Creations*
- *Salsa's Mexican Restaurant*
- *Taste Unlimited*
- *The Lunch Bell*
- *Travinia Italian Kitchen*
- *Tucanos Brazilian Grill*



Apparel & Accessories/ Entertainment/ Home Furnishings/ Specialty Services



- | | |
|---|---|
| <ul style="list-style-type: none">• <i>Ann Taylor Loft</i>• <i>Hauser's Jewelers</i>• <i>Jos. A. Bank</i>• <i>The Mole Hole</i>• <i>The Perfect Setting / Ritzy Kids</i>• <i>Paragon City Center 12</i>• <i>Sisters Unique</i>• <i>The Mole Hole</i> | <ul style="list-style-type: none">• <i>The Perfect Setting / Ritzy Kids</i>• <i>Animare Salon & Spa - Aveda</i>• <i>Colonial Computers</i>• <i>D. Alan's Color Splash</i>• <i>EZ-Vest Realty Inc.</i>• <i>Luxury Tress The Salon</i>• <i>Onelife Fitness</i>• <i>Wine & Design</i> |
|---|---|



IF YOU HAVEN'T DONE SO ALREADY, PLEASE VISIT THE NEW VACP WEBSITE AT www.vapsych.org TO UPDATE YOUR MEMBER PROFILE.



4461 Cox Road, Suite 110
Glen Allen, VA 23060

THE NEW VACP WEBSITE WILL FEATURE:

- Find a Clinical Psychologists
- VACP List serve
- Member Communities
- Public Resources
- Member Resources
- Crisis Intervention Tools
- Event Calendars
- Member Directory
- Online Dues Renewal
- Regional Academy Portals
- Much, Much More!